1.

- A method for the vacuum packaging of articles including at least the steps of: creating a plurality of recesses in a backing board; positioning at least one article on said backing board; placing a film substantially over said at least one article; and using a vacuum packaging machine to substantially package at least one article, said at least one article being situated between the backing board and the film, wherein the thickness of the backing board is at least 2mm.
- 2. A method for the vacuum packaging of articles as claimed in claim 1 wherein said method further comprises the step of applying a bonding agent to said backing board.
- 3. A method for the vacuum packaging of articles as claimed in claim 2 wherein said bonding agent is applied to one face of said backing board.
- 4. A method for the vacuum packaging of articles as claimed in claim 2 or claim

 # wherein said bonding agent is air dried.
- 5. A packaged article, the article being packaged between a backing board and a film, wherein the backing board has a thickness of at least 2mm and the backing board further has a plurality of recesses therein.

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